

White City & Emerald Park

Community Newsletter

DECEMBER EDITION, 2022



Souls Harbour Rescue Mission

Last week I had the pleasure of speaking with some of the people who work at Souls Harbour in Regina and while this isn't the first time I have spoken with them, I learned new things yet again about the incredible work they do in the Queen City.

This time of year often

comes with a ton of activity, some stress, some super cold days, a lot of planning and figuring out how we are going to connect with all of the special people in our lives, and it also comes with a feeling of gratitude. I am always thankful for time with family, great friends, food, and a few days off

between Christmas and New Years to tuck in and watch some cheesy holiday movies and enjoy a good book or two.

The holidays also make many of us stop and think about how we can help other families and people who are less fortunate and in need of so many things

that are too easy to take for granted like food and shelter.

Souls Harbour fills so many of those gaps in our society and a gift to them is ultimately a gift to someone who desperately needs help. Gratitude often spurs us on to reach out and help others.

- Continued on page 2

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SOULS HARBOUR **RESCUE** MISSION

In the weeks ahead you will hear and see requests for assistance with food donations, clothing, financial donations, and for your time to help prep and serve meals to people who visit Souls Harbour regularly for help. If you've not had the opportunity to stop in to the "new" location, you should. It is an incredible facility that was well planned and is now being well used. "New" is in quotations because technically it's not new anymore but it sure looks and feels like it when compared to their former location.

to reopen in January after a Covid hiatus. At night up to 24 men are housed in the emergency shelter which during the day serves as the dining room seating up to 144 people at a time. Tables are taken down and cots are rolled in to facilitate the changeover. It is quite a slick process in terms of how well the shelter is run with the men who seek a place to stay for the night coming into the facility having their clothes laundered while they shower before getting some rest

Souls Harbour Rescue Mission

- Continued from page 1

This month there will be turkey and ham drives, hundreds of volunteers prepping and serving the special holiday meals, and preparations for the clothing store

overnight.

The facility also offers suites for long-term housing provided to individuals who have a history of struggling to secure housing on their own.

Women's addiction programming helps vulnerable women with substance use disorders find new hope through Shayil Home - a year long residential addiction treatment program that houses women in need but also their children as well. It's a truly excellent program that has helped so many rebuild their lives and find new success through recovery. An integral part of the program is Soul Sisters Catering which is a social enterprise that is based on a full-service catering company - a non-profit in its own right - that is owned and operated by Souls Harbour. Soul Sisters helps to fund the women's addiction program and is actually

run and operated by the women in the program. In Soul Sisters, they learn new skills including catering and also the function of operating a business.

Should you be seeking an opportunity to give back this holiday season Souls Harbour is most certainly a worthy recipient of your desire to help through food donations, financial donations and of course your time. I encourage you to reach out to see the facility and help them serve those most vulnerable in our society. It's the best Christmas gift you can provide and also receive at the same time. If you'd like to learn more visit their website at www.shrmsk.com

*Wishing you, your family,
and friends, a wonderful
holiday season.*

Trish Bezborotko



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A decadent make-ahead brunch for the ultimate weekend feast

Whether you're a French toast enthusiast or prefer bacon and eggs, it's hard to beat this perfect, over-the-top version of the classic brunch recipe. Plus, since the hands-on time is the night before, you can still get your beauty sleep and wake up ready to tuck in. Try out the recipe:

Overnight baked French Toast

Prep time: 15 minutes

Cook time: 45 minutes

Serves: 6 - 8

Ingredients:

French toast:

- 9 large eggs
- 1 loaf (675 g) Villaggio white bread
- 3 cups (750 ml) whole milk
- 3 cups (750 ml) whipping cream
- 3/4 cup (180 ml) white sugar
- 2 tsp (10 ml) vanilla
- 1 tsp (5 ml) cinnamon
- Zest of 1 orange
- Pinch of kosher salt
- Optional: 1 1/2 oz Amaro or Luxardo

Sauce:

- 1/2 cup (125 ml) butter
- 1 cup (250 ml) brown sugar
- Pinch of salt
- 2 tbsp (30 ml) whipping cream

Toppings:

- 1/4 cup (60 ml) powdered sugar
- Fresh blueberries, raspberries
- 2 cups (500 ml) whipped cream
- 1 cup (250 ml) maple syrup

Directions:

Lightly grease a large 3-quart, 13 x 9 inch, baking dish with butter or cooking spray.

Slice Villaggio white bread slices into halves. Leave crusts on and arrange in



baking dish.

In a large mixing bowl, whisk together eggs then, add in milk, whipping cream, vanilla, sugar, orange zest, cinnamon, salt and Italian liqueur, if using.

Gently pour the egg and milk mixture evenly over all of the bread slices, pressing down to submerge any floaters. Cover and refrigerate overnight.

The next morning, preheat oven to 375°F (190° C), and remove the baking dish from the refrigerator and set aside.

In a small saucepan, over medium high heat, melt butter, then, mix in brown sugar, cinnamon, a pinch of salt and the 2 tbsp cream. Cook for approximately 5 minutes, until butter and sugar mix melts and is incorporated.

Drizzle the brown sugar butter mixture evenly over the entire baking dish of soaked bread, bake uncovered for 35 to 45 minutes – longer for a browner and crunchier top.

Remove from oven and allow to cool for 10 minutes.

Sprinkle with fresh berries, dust with powdered sugar, and serve with whipped cream and maple syrup.

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Tips to choose healthy at the grocery store

Here are some ways to make sure you get the good stuff next time you're out grocery shopping.

Look at location: It's a common tip to read labels in the grocery store, but for products without nutritional information, look at the label on the shelf to see where the items are grown. Choose produce locally or from within Canada when you can, as it may be both fresher for you and better for the environment. Choosing what's in-season is often a cheaper way to eat fresh.

Shop the edge of the store: The aisles on the side of a grocery store typically have the least processed foods, which are often the healthiest. Start your shopping along these perimeter aisles to fill up with healthy goodness like kale, mushrooms, eggs and beets.

Don't stress about colour: You may have heard that a plate or grocery cart full of healthy food is a colourful one, but that's really a reminder to get you thinking of all the veggies you could add to your list and to encourage variety. But it's not the be-all-and-end-all – in fact, some of the most nutritious veggies are not brightly coloured, including cauliflower and mushrooms.

Plan your meals: Setting out a rough menu for the week helps you actually make use of the healthy food you get at

the store to prevent food waste and a wasted food budget. Otherwise, it can be tempting to let that kale go limp in the fridge or not even pick it up in the first place. A little trial and error will help you add new meals to your rotation, and help you discover new healthy additions to include in them.

We all know how important our immune systems are, so look for a variety of nutrient-rich foods to help your overall health. Some simple ideas:

- **Mushrooms** provide zinc, which supports the immune system; selenium which helps keep your body's tissues healthy; and vitamin B6 which helps your body get ready to use and store energy.
- **Lean ground beef** has vitamin B12 and iron to help out your nerve and blood cells.
- **Spinach** offers vitamins A and E which can protect your vision and help prevent blood clots.
- **Milk** is often fortified to help you get more vitamin D.
- **Beans and legumes** can help vary your sources of protein and provide fibre and iron.
- **Oranges** provide vitamin C, which helps you absorb iron from other foods.

Find more healthy eating information and ideas at mushrooms.ca.

Cozy cold-weather recipes to warm you right up



As the temperatures dip outside, find warmth in the kitchen with simple meals that taste great and keep you energized. Here are two cozy recipes that feature nourishing and comforting ingredients like rice, for long-lasting energy that won't weigh you down.

French Onion Rice Bake

Prep time: 10 minutes
Cook time: 2 hours
Serves: 4-6

Ingredients:

- 7 cups (1.75 litres) sliced Spanish onions (about 6 medium)
- 2 tbsp (30 ml) butter
- 2 cloves garlic, minced
- 2 bay leaves
- ¼ tsp (1 ml) each salt and pepper
- 1 ½ cups (375 ml) U.S. long-grain brown rice
- 2 tbsp (30 ml) chopped thyme
- ½ cup (125 ml) cooking sherry
- 3 cups (750 ml) beef broth
- 2 cups (500 ml) shredded Emmental (Swiss) cheese
- Coarsely chopped parsley to garnish

Directions:

1. Preheat oven to 400°F (205°C).
2. In a large, ovenproof skillet, cook onions with butter, garlic, bay leaves and salt and pepper over medium heat until golden brown and caramelized. Stir in rice and thyme; deglaze pan with sherry and cook for 1 minute. Stir in broth and bring to a simmer; cover tightly with foil.
3. Bake in the oven for 50 to 60 minutes, until rice is cooked. Uncover and sprinkle evenly with cheese; return to oven and broil for 2 minutes or until golden and bubbly.
4. Garnish with chopped parsley to serve.

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Are holiday cards still relevant?

According to Narrative Research, more than half of Canadians sent a greeting card or a written letter using Canada Post in 2021. In the U.S., the Greeting Card Association says sales of holiday-based cards have increased in recent years.

So, who is buying greeting cards?

Millennials have outpaced their baby boomer elders in buying greeting cards. They're looking for personal, high-quality cards that are often customizable, such as those offered on online marketplaces like Etsy and Minted, that also support independent artists.

What is it about physical greeting cards that have allowed them to remain so popular? Isn't it more of a hassle to buy a card, hand-write a message and send it

via snail mail?

Interestingly, that's actually part of the appeal.

The extra effort to select a card, write a greeting and mail an envelope with a stamp is more personal. And the more personal, the more special. Simply put, mailing a card to a loved one just can't be replicated with an email.

Many charities also offer greeting cards to personalize donations that make a positive difference in the world, such as those delivered on behalf of World Vision Canada's donors when they make a gift catalogue donation to others.

The extra personalized touch shows how much someone cares, just in time for the holidays.

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It's never been easier to communicate with your friends and family. You can send them a text, shoot them an email or directly message them on social media.

But one seemingly old-fashioned way of keeping

in touch has stood the test of time. Despite the evolution of technology, holiday greeting cards appear to be here to stay.

In fact, not only have greeting cards remained popular, but they're actually experiencing a comeback.

ERES Community Council (ERESCC)

Next ERESCC Meeting:

Tuesday, January 10th @ 6:30 pm via Zoom

All parents are encouraged to attend as your input and ideas are welcome and valued.

Support the ERESCC Mabel's Labels Fundraiser



www.mabelslabels.com



2023—2024

Kindergarten Registration

Emerald Ridge Elementary School is accepting registrations for the 2023-2024 school year. Any child who will be five years of age by Dec. 31, 2023 is eligible to register for Kindergarten for the fall of 2023. The link to register your child is on the ERES webpage under **Quick Links** — *Kindergarten On-line Registration Form*.

If you wish, you can contact the school office at emeraldridgeschool@pvscd.ca and we will email you the registration form. Early registrations assist ERES to plan for the upcoming school year.

UPCOMING EVENTS

- Dec. 21** Last Day of Classes Before Winter Break
- Jan. 4** Classes Resume
- Jan. 30** Staff Meeting / Teacher Prep (Non Student Day)
- Feb. 20-24** Family Day & February Break

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Happy Holidays from all of us at ERESCC!



GREENALL Update GRIFFINS

@greenallschool

Greenall High School

MUSICAL: THE SISTER ACT

The musical is just about ready for show time! Students, staff, volunteers, and community members have been working hard before showtime takes place!

Shows take place on Thursday, Dec. 1 at 7:30 pm, Friday, Dec. 2 at 7:30 pm and Saturday, Dec. 2 at 2:00 pm. Save the dates and come watch these kids shine. Tickets are just \$10/student and \$15/adult.

REMEMBRANCE DAY

On November 10, all members of the Greenall community had the opportunity to partake in the first full school assembly in over two years to commemorate Remembrance Day. The service involved staff and students, community members and leaders, as well as a number of special guests. This event allowed all in attendance to honour and commemorate those who have made the ultimate sacrifice for our country.



CAREER FAIR

On November 8, all grade 11 students from Greenall High School attended the See Your Future Career Fair in Regina. The tradeshow-type career fair consisted of over 90 booths and 18 seminars for students to visit to learn more about post-secondary and employment options. There were representatives from colleges, universities, and employers from across Canada and North Dakota. Students were able to ask questions to help with future career planning, engage in conversation directly with recruiters, and learn more about specific programs and careers.

THINK ENTREPRENEURSHIP FIELD TRIP

The Entrepreneurship 30 class attended the RDIEC THINK Entrepreneurship event on November 15 in Regina. Students heard from local entrepreneurs and business experts. They learned about various aspects of running your own business, the supports and organizations available to support entrepreneurs, and got feedback for their own mini ventures.



GRIFFIN ATHLETICS UPDATE

VOLLEYBALL

Griffin volleyball is officially winding down after another successful season for all teams involved! Jr. and Sr. Boys and Girls teams had the opportunity to play in numerous games, tournaments as well as partake in regionals.

Our Sr. Girls have the opportunity to host Provincials, which are taking place at Greenall and Emerald Ridge November 25 and 26.

FOOTBALL

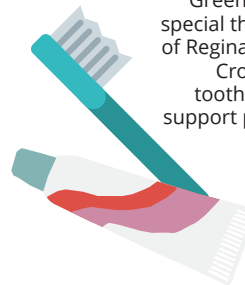
Griffin Football finished off yet another successful season in early November winning the 2022 RHSAA 5A Stewart Conference Championship against Sheldon. We are so proud of this group of players, coaching staff, trainers, volunteers, parents, and fans!



Credit: Wanda Harron Photography

THANK YOU!

Greenall staff would like to send a special thank-you to Dr. Randy Gilewich of Regina Dental Group at Normanview Crossing for his donation of toothbrushes, paste and floss to support programming at Greenall High School.





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Saturday 9:30 am-12:30 & 1:00-3:00 pm

Please note: The branch will be closed Dec. 23 to Jan. 2

Visit us – [Facebook](#) White City Public Library Branch [Twitter](#) WhiteCityLib
DECEMBER 2022 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Preschool Storytime 10:00 AM	3 Virtual Storytime with Santa 10:30-11:00 AM Please Register
4	5 Button Maker 6:30 pm Family activity	6 Family Christmas Crafting 6:00pm	7 Sphero 6:30pm Family activity	8	9 Preschool Storytime 10:00 AM	10 Brick Stories Lego event 10am-3pm
11 Brick Stories Lego event 10am-3pm	12 Adult Book Club 6:30pm	13 Lego Club 6:00 pm	14	15	16 Preschool Storytime 10:00 AM Christmas party	17 Sphero 1:00 pm Family activity
18	19 Button Maker 6:30 pm Family activity	20	21	22	23 Closed for the Holidays	24
25	26	27	28	29	30	31


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2nd Annual Brick Stories

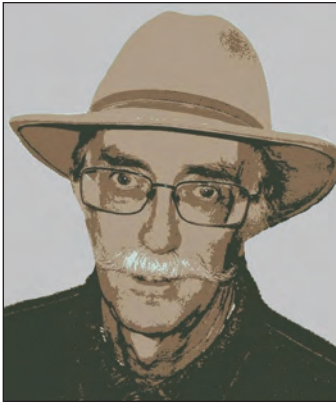
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Off the Beaten Track

- By John Panter

Many municipal councils begin their meetings with a symbolic gesture such as singing the national anthem or reciting a prayer.

White City Council begins its meetings with, what is becoming ubiquitous at many public gatherings, an Indigenous Land Acknowledgment (ILA). The perfunctory nature of the recitation leads one to suspect that their heart isn't really in it but, having started the custom, they are stuck with it.

They took care in drafting their ILA to not go as far as Trent University's recommendation that "it is important to make a meaningful expression of your recognition for the lands that you are a visitor on." Most residents of White City believe that they are more than just visitors in their homes, so they can be grateful that the Council didn't go all Trent U- overboard in writing their ILA.

Somewhat perplexing however is the selection of the indigenous peoples who are acknowledged. Here's what is recited at the start of every White City Council meeting:

"White City is located on Treaty 4 lands, the original lands of the Cree, Ojibwe (sic), Saulteaux, Dakota, Nakota, Lakota and on the homeland of the Metis Nation."

A quick scan of the Gov-

ernment of Canada website reveals that *"The Indians to be treated with (in Treaty 4) were Cree, Saulteaux and Assiniboine."*

The Canadian Encyclopedia further elaborates that the Saulteaux were a band of the Ojibwa (sic) peoples and that the other tribes in Treaty 4 were Cree and Assiniboine. In other words the Saulteaux get a double mention in White City's Indigenous Land Acknowledgment, and the poor old Assiniboine get no acknowledgment at all.

The Dakota, Nakota and Lakota, known collectively as the Sioux nation, were not signatories to Treaty 4 according to the Government of Canada website and The Canadian Encyclopedia. They were a significant force south of the international border but, to quote from Diamond Jenness's authoritative *Indians of Canada*, "they are not a Canadian tribe and we may pass them by without further mention."

Probably the one thing that the various Indian (as the Government of Canada calls them) tribes could all agree on was that they hated the Metis who competed with them, often violently, for a share of a dwindling resource, the buffalo.

I'm going to suggest that White City Council should make sure that, if they are going to acknowledge anyone, the right tribes are acknowledged. I'm also going to suggest that perhaps a simple brass plaque reciting the (corrected) acknowledgment should be affixed to the outside of the Town Office. That way the

Council could skip the invocation of the acknowledgment at the start of every meeting, which, by constant repetition, especially in the absence of members of the public, becomes almost a pointless ritual.

Call me if you disagree. 569-2345 or emeraldcity158@gmail.com

Before last November's councillor election for the R.M. of Edenwold's divisions four and six, the R.M. announced that they would hold an all-candidates debate to help voters choose the best of four candidates. Someone from the local newspaper would act as moderator. A few weeks later I inquired when the debate would be held and received this response from the R.M.:

"At the October 11th Council meeting, council chose not to organize an all-candidates debate. The reason provided was that with the ongoing annexation case, and the upcoming SMB hearing set for November, that an all-candidates debate may result in councillors revealing privileged information."

I smell a rat here. I could certainly understand the two incumbent councillors figuring that they had nothing to gain and everything to lose by debating their challengers. With a traditionally low voter turn-out for municipal elections, a very few votes for an incumbent based on name recognition can turn the electoral tide. A debate giving a platform to a challenger wouldn't be in the best interests of the sitting councillors. But if the

two incumbent councillors didn't want to debate their opponents all they had to do was to say so. However that's not the R.M.'s explanation for canceling the debate.

The minutes of the October 11th Council meeting don't mention any discussion of the issue so we have to conclude that it was decided during the 20 minute "in camera" session. Closed sessions are permitted under Provincial law in some limited circumstances. This wasn't one of them. By no stretch of the imagination can a discussion about holding, or not holding, an all-candidates debate be a legitimate justification for going behind closed doors. Using the logic of this Council decision as a precedent, there could never be an all-candidates meeting in future.

And to suggest, as the R.M. has done, that the debate had to be canceled because the sitting two councillors might spill the beans about privileged information is insulting to those two councillors.

If the two sitting councillors who ran for re-election aren't insulted by the rationale for this decision, they oughta' be.

Call me if you disagree. 569-2345 or emeraldcity158@gmail.com



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Chronic Pain

- By Gwen Randall-Young

I have worked with individuals suffering from chronic pain, and although I listened carefully to how it affected them, I didn't fully understand until an inflamed tailbone provided me with some direct

sue healing modalities. It is critical to have an accurate diagnosis, and an understanding of what is causing the pain. Your medical doctor can arrange tests or referrals to specialists. Do not be afraid to seek a second opinion if you're feeling unsure.

It is also wise to investigate other kinds of healing, including massage, physiotherapy, natural medicine, acupuncture to name only a few. These modalities can complement each other

recent publications through the library. Check the bookstores to see if there is a book dealing with your problem. Talk to your health practitioner about what you are finding. These are ways in which you can feel that you are doing something on your own behalf, rather than waiting for answers. Be good to yourself and indulge in things that feel good, be it a massage or a soak in a hot tub.

their limitations. You may be frustrated that they can't do what they've always done, but don't get angry or make them feel guilty. They need your loving support and share your desire that they get back to normal. You may not be able to fix the pain, but your love and compassion can make it more bearable.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.

“If you live with someone who is in pain, understand that they cannot truly be themselves when they are hurting.”

experience.

Much as I dislike the pain, it has given me a profound insight into what others must deal with when relief is elusive.

Generally, whenever we have a problem in life, we look for solutions. Most often there is something we can do to change the situation. The very term 'chronic pain' suggests that there are no simple answers. No one likes to be in pain, nor to be always talking about their pain. But when its bad, it seems to fill your entire world. You can feel like an outsider looking in, unable to fully participate in life.

Pain needs healing, and so it is important to pur-

very well.

Psychological counseling may also help because we know there is a strong body-mind connection. Sometimes chronic pain is a message that something in our lives is not as it should be, or as we would like. The bottom line is that it is a reminder/opportunity to take care of ourselves. Sometimes it is a wakeup call encouraging us either to change our lives, or to appreciate things we take for granted.

If you suffer from chronic pain, then it is important to do as much as you can to be proactive in your healing. Do some research into your condition, consulting with

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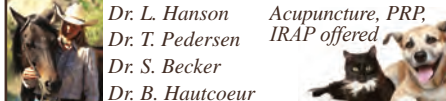
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School Community Council

Next ÉWCSCC – Jan 18, 2022

Virtual meetings held on the third Wednesday of the month @ 6:30. **ALL PARENTS WELCOME** - Please contact the school by email at ecolewhitcityschool@pvscd.ca to pre-register!

KINDERGARTEN REGISTRATION 23/24:

Contact the school at ecolewhitcityschool@pvscd.ca or 306-781-2115 if you have a child turning 5 by December 31, 2023.

Working Together For Success | Travaillons Ensemble Pour Réussir



IMPORTANT DATES

Dec 23-30
School Closed
Winter Break

Classes resume
January 4, 2023!

Across

- 1 number of sides on a snowflake
- 3 day of the week kids return to school, abv
- 5 it falls without getting hurt

1	2	

Down

- 2 can be fast, as in curling
- 4 historical town cookie factory name

3		4
	5	

Online: <http://whitcity.pvscd.ca/> click the "SCC" menu Phone: 306-781-2115

ÉWCSCC on Facebook: <https://www.facebook.com/EWCSCC>

Diversions

CRISS-CROSS

Fill in the blanks with the words. To help you get started one letter is already in place.

5 letter words

- AMBER
- CLERK
- CLIFF
- EAGLE
- EGYPT
- EMPTY
- NYLON
- PSALM
- RHYME
- RULER
- STRAW
- STYLE

6 letter words

- AMULET
- COLLIE
- FOLDED
- GYPSUM
- LEAGUE
- LIGHTS
- REPEAT
- RHYTHM

7 letter words

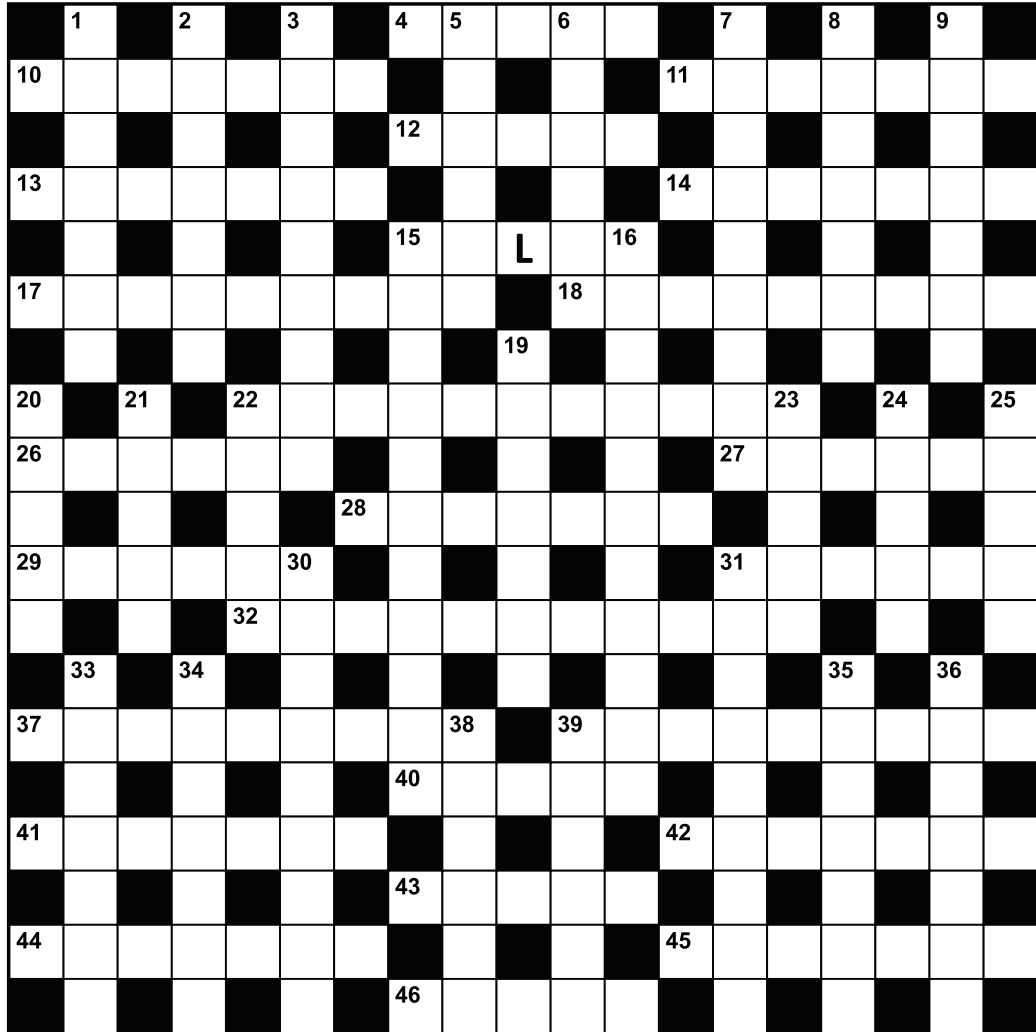
- ARRANGE
- BAY LEAF
- BEAR CUB
- CAPTCHA
- CYCLONE
- HIT LIST

9 letter words

- LIBRARY
- SATSUMA
- ALABASTER
- FLAMINGOS
- ODYSSEY
- TRIREME
- COWBOY HAT
- GUARANTEE
- JAKARTA
- USELESS
- DECORATED
- HYBRID CAR
- KINGDOM
- PYRAMID
- VEHICLE
- ESKIMO DOG
- TRADITION

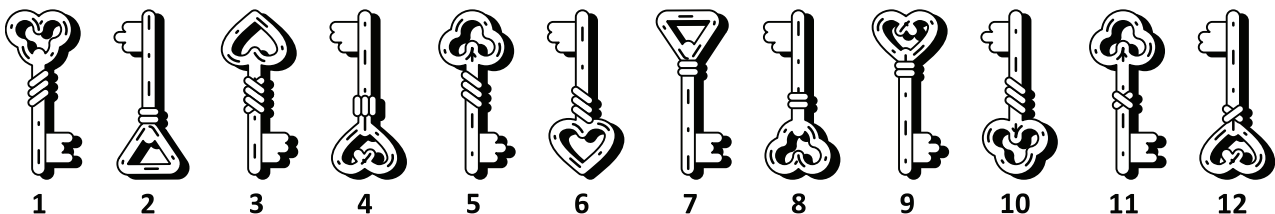
11 letter words

- RECTANGULAR
- RESPONSIBLE
- SOUTHAMPTON
- WROUGHT IRON



VISUAL PUZZLE

Find two identical keys.



Kids Corner

CROSSWORD

1. Decorations 2. Wreath 3. Gingerbread 4. Snowflakes 5. Sock
6. Snowman 7. Gift 8. Poinsetta 9. Mittens 10. Bell 11. Clock



**HOW MANY
SANTAS
DO YOU SEE?**



**ANSWER
17**

Find 10 differences



The top 3 overlooked holiday party essentials

So much goes into hosting a holiday party, from festive decorations to mouth-watering food. But it's easy to overlook some important aspects that can help ensure your event goes off without a hitch.

1. A perfect playlist

This may seem like an obvious one, but the music can be easy to forget until the last minute. Music goes a long way towards setting the mood and adding ambience. Create your own personalized playlist or if you're short on time, there are plenty of pre-made ones to choose from online.

Another option is to crowd-source songs from your guests ahead of time.

2. Garbage cans

Strategically placing small containers throughout the party area to collect garbage makes for easier clean up.

Guests are more likely to use them if they are within reach. If you have wrapping paper, disposable plates and cutlery and napkins, the bins are sure to come in handy.

3. Tools for easy clean up

As much fun as the holiday season is, it often comes with a long list of to-dos; one being cleaning before and after holiday entertaining. If you're often doing cleaning touch-ups, you can do them quicker and hassle-free with effective tools like LG's new CordZero All-in-One Tower vacuum. It automatically empties the dust bin without the risk of dust and debris spilling back onto your freshly cleaned floors.

Find out more about the vacuum line up at lg.ca.
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White City's Twinkle Tour is back, for the first time since 2018 we will be offering a guided tour of the community's best-decorated homes on December 22, 2022 from 6PM-9PM. Stay tuned to whitecity.ca for more details on the event including bus time sign ups and activities at the Community Centre that you can partake in before and after your tour - or even without taking the tour at all!

See whitecity.ca for more info!

White City Town Office - Holiday Hours

'Tis the Season! White City Town Office hours during the holidays will be:
Dec 23: 8AM - 12PM (Noon)
Dec 26 - Jan 2: Office Closed
Jan 3: Regular Hours Resume 8AM-5PM



306 781 2355

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whitecity.ca

Extra Garbage Pick Up
Friday December 30, 2022
Additional Garbage Pick Up over Holidays
Have your bins out prior to 7AM for pick up!

FREE TO BE
Youth Program (Ages 10-14)
Wednesday Dec 7
6:30 - 8:30 PM Community Centre
Drop In - FREE

FITNESS FOR ALL
Mondays Dec 5, 12, 19
7:15 - 8:15 PM Community Centre
Drop In \$15/class
whitecity.ca for info & registration

Upcoming Meetings

Committee of the Whole
December 12, 2022 at 4:00 PM
Regular Council Meeting
December 12, 2022 at 7:00 PM

Meetings are open to public and held at:
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Start a new tradition this holiday season



It's that time of the year again: we pick out greeting cards, maybe take a family photo, and open up that box of unique decorations and ornaments.

Other favourite traditions may include putting lights on the house or a fresh tree, or perhaps a reusable one. And, of course, we make plans to visit friends and family to celebrate the holidays and see in the New Year.

This year, why not consider getting to know other traditions, or even creating a new tradition with your family or friends?

Here are three idea starters:

Host a holiday dessert party – invite colleagues, friends or neighbours to a sweet potluck where they share and describe their favourite traditional desserts that all can enjoy with a cup of egg nog or mulled cider – and be ready to share the recipes digitally,

too!

Host a holiday story evening – guests bring a craft, ornament, decoration or photo if it's too large to bring – and share its story. How did they acquire it, or why did they buy it, and what does it mean to them?

Create a new giving tradition – charity gift catalogues like World Vision Canada's offer a unique opportunity for children to pick a family gift like goats or chickens, or to gift a teacher or grandparent with a meaningful gift like school essentials, crop seeds for farmers, a scarf or jewellery – or a special angel ornament for the tree! Ask children, or help them, to write in the gift cards why they chose that specific gift.

This time of year is so special for so many reasons. Take time to learn the stories behind treats or traditions, and see the holiday season in a new light.

www.newscanada.com

How to stretch your holiday shopping dollars

The holiday season often brings out the best in people. We want to help the less fortunate. We want to spread Christmas cheer. Sometimes, we want to do more than our bank account will allow. Don't lose heart. With a little creativity, you can share your holiday spirit with those who need it most.

Here are a few cost-effective gift ideas:

Write to a soldier

Those in the military may not have the opportunity to celebrate the holidays with their families. Show them how much you appreciate their service with a Christmas card. Just Google "Write to the troops – Canada" for instructions. Cost: \$3.50 for card and postage.

Volunteer online

In the past, you may have helped with in-person holiday volunteer activities, such as collecting winter coats for the homeless or wrapping toys for children in need. Due to COVID-19, you may not be comfortable volunteering in person. Why not sign up as an online volunteer? Volunteer.ca lists opportunities across Canada. Cost:

\$0

Give a double gift

World Vision's gift catalogue offers several gifts for \$30 or less that contribute to education, gender equality and food security of kids around the globe. Your donation dollars multiply in value when combined with contributions from the Canadian government, the World Food Programme or corporate partners. Cost: \$30 or less.

Re-gift

This idea has a rough reputation – something you give to people you don't like. But re-gifting can be meaningful and cut back on waste. What book inspired you? What holiday decoration brings back memories? Wrap it. Cost: \$0

Give of yourself

Sometimes in the busyness of the holidays, what gets lost is focused time with family and friends. Booking some one-on-one time with loved ones or just devoting your attention to someone can be the most caring gift of all. Cost: \$5 (for tea or coffee)

www.newscanada.com

The next issue of the
Community Newsletter
will be distributed the
first week of December.

DECEMBER 2022

All copy **MUST** be submitted
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	4	5	6	8	9	10
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			EMERALD PARK & WHITE CITY Garbage	EMERALD PARK Recycling		
	11	12	13	15	16	17
				EMERALD PARK & WHITE CITY Garbage		
				WHITE CITY Recycling		
	18	19	20	22	23	24
				EMERALD PARK & WHITE CITY Garbage		CHRISTMAS EVE
				EMERALD PARK Garbage	EMERALD PARK Recycling	ADDITIONAL WHITE CITY Garbage
25	26	27	27	29	30	31
CHRISTMAS DAY	BOXING DAY					NEW YEAR'S EVE

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